The Academy for
ATHLETIC TRAINING
AND
PHYSICAL THERAPY
We can’t always build the future for our youth, but we can build our youth for the future.

- Franklin D. Roosevelt
Student Interest in AT/PT

“As a society, we must take the question of, ‘What do you want to be when you grow up,’ and flip it on its head. It’s a difficult question for many young people to answer and one they shouldn’t have to answer on their own. We must show youth the vast opportunities that exist and explain how their current interests can lead to a rewarding career in the future,”

-Michael Surbaugh, Chief Scout Executive of Boy Scouts of America

- Survey conducted with 150,000 young people in grades 8 - 12 by Boy Scouts of America.
- **4 of top 10** career options in the healthcare field
- Middle School students were more likely to choose fields in the arts and athletics

TOP 10 CAREER CHOICES FOR GENERATION Z

1. Registered nurse
2. Professional Athlete
3. Artist
4. Musician / singer
5. **ATHLETIC TRAINER / SPORTS MEDICINE**
6. Physician/surgeon
7. Actor/actress
9. Photographer
10. Mechanical engineer
Percent Change in Employment

Projected 2016 - 2026

Note: All Occupations includes all occupations in the U.S. Economy. Source: U.S. Bureau of Labor Statistics, Employment Projections program
Facilities

Culture and Reputation

Academic Program

Student Interest

On Site Therapists

Athletic Trainer of the Year
Joseph KOCH

EDUCATION:
Undergraduate:
Bachelor of Science
   Exercise Science
Rutgers University
New Brunswick, NJ

Graduate:
Master of Education with Specialization in Athletic Training
Old Dominion University
Norfolk, Virginia

Internship:
Norfolk State University

PROFESSIONAL AFFILIATIONS & SOCIETIES:
National Athletic Trainers' Association
National Strength and Conditioning Association
Athletic Trainers' Society of New Jersey
Seton Hall University Preceptor
EDUCATION:
Undergraduate:
Bachelor of Science
  Exercise Science - Nutrition Concentration
University of Scranton
  Scranton, PA

Graduate:
Masters of Science - Athletic Training
Seton Hall University
  East Orange, NJ

PROFESSIONAL AFFILIATIONS & SOCIETIES:
National Athletic Trainers’ Association
Sports Trainers’ Society of NJ
Seton Hall Excellence in Research Award
Experience: NY Giants, FDU, Seton Hall, Caldwell Univ.
Anticipated direct Articulation into B.A or B.S.+M.S.A.T. Athletic Training
B.S. D.P.T Physical Therapy

Early College Credit
+ AP Courses
+ Project Acceleration
## Anticipated Program Progression

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Foundational Components of Allied Health Services:

(Grade 9)

5 CREDITS

PURPOSE OF THIS COURSE:

This course provides a general overview of the allied health professions of athletic training and physical therapy. The course includes information about the history of athletic training and physical therapy, the scopes of practice for each profession (injury prevention, treatment, rehabilitation, emergency injury management and administrative functions). This course is intended to provide the student with an understanding of the various disciplines, roles and opportunities of the members of the sports medicine team. The course will also provide the students with an understanding of the concepts of health care administration (organizational and administrative considerations and legal and ethical responsibilities). The basics of training and conditioning, environmental concerns, general fitness, nutrition, emergency care, athletics and special populations.

- Investigating the fields of athletic training and physical therapy
- Understanding the concepts of health care administration
- Analyzing legal, ethical and insurance considerations
- The Pre-Participation Physical Examination
- Understanding the basics of training and conditioning techniques
- Assessing environmental factors that lead to injury
- Understanding sports nutrition
- Recognizing and preventing the spread of bloodborne pathogens
- Determining appropriate emergency injury management and first aid
- Selecting and using protective sports equipment
Clinical Internship 1
(Grade 9)

General Goals include becoming acclimated to the athletic training and physical therapy environments. To increase communication skills with regard to the needs of the students and to learn how to conduct oneself in a professional manner. To act in accordance with the rules with regard to legal and ethical conduct.

2 OPTIONS:

Option 1: Athletic Training - under the direct supervision of athletic trainer. Students enrolled will not provide patient care.

- Focus of Athletic Training Internship: (Option 1)
  - Prevention & Health Promotion
    - Students will become familiar with the process of selecting, applying, evaluating, and modifying appropriate standard protective equipment.
  - Students will become familiar with the process of clinically evaluating and managing a patient with an emergency injury or condition to include the assessment of vital signs and level of consciousness, activation of emergency action plan, secondary assessment, diagnosis, and provision of the appropriate emergency care (e.g., CPR, AED, supplemental oxygen, airway adjuncts, splinting, spinal stabilization, control of bleeding)

Option 2: Physical Therapy - under the direct supervision of physical therapist. Students enrolled will not provide patient care.

- Focus of Physical Therapy Internship: (Option 2)
  - Clinical Assessment
  - Students will become familiar with assessing individuals with impairments, activity limitations, and participation restrictions related to conditions of the musculoskeletal, neuromuscular, cardiovascular, pulmonary, and/or integumentary systems.
Pathology and Prevention of Sports Injuries:
(Grade 10)

PURPOSE OF THIS COURSE:

To introduce students to the science of human anatomy and physiology, prevention of injuries through exercise, basic rehabilitation, sport psychology, pharmacology, the tissue response to injuries, understanding basic taping, wrapping and bracing for injuries, clinical evaluation, recognizing the needs of different sports injuries as well as injuries/conditions seen in the lower extremity.

- Motor learning and skill development
- Tissue response to injury
- Prevention of injuries through fitness training
- Understanding the basics of injury rehabilitation
- Fundamental concepts of evaluation
- Bandaging and taping techniques
- Recognizing different sport injuries
- Helping the injured athlete psychologically
- Pharmacology, drugs and sport
- The foot
- The ankle and lower leg
- The knee
- The thigh, hip, groin and pelvis
Clinical Internship 2
(Grade 10)

Option 1: Athletic Training
- Prevention & Health Promotion
  - Students will become familiar with the process of developing, implementing and monitoring prevention strategies for at-risk individuals and large groups to allow safe physical activity in a variety of conditions.
  - Students will become familiar with taping, wrapping, bracing, padding, and other custom devices for the client/patient in order to prevent and/or minimize the risk of injury to the head, torso, spine, and extremities for safe participation in sport or other physical activity.
- Exercise Physiology /Prevention and Health Promotion
  - Students will be exposed to the testing procedures to obtain baseline data regarding a client's/patient's level of general health.
  - Use this data to design, implement, evaluate, and modify a program specific to the performance and health goals of the patient.

Option 2: Physical Therapy
- Creating a Plan of Care
  - Students will use the skills obtained in Clinical Internship 1 to become familiar with the process of using the assessments to create an individualized plan of care for individuals with impairments, activity limitations, and participation restrictions related to conditions of the musculoskeletal, neuromuscular, cardiovascular, pulmonary, and/or integumentary systems.
Kinesiology and Orthopedic Assessment:
(Grade 11)

PURPOSE OF THIS COURSE:

To continue the introduction to the science of human anatomy specific to the location of anatomical landmarks (muscle origins, insertions, bony landmarks, ligaments) and the movement of the body. Prevention of injuries through exercise, upper extremity concerns and issues with associated rehabilitation, and appropriate selection of therapeutic modalities. An introduction to necessary adaptations for special needs students. To be introduced to traumatic brain injury evaluation and management as well as facial injuries, general medical conditions and youth injuries.

- Anatomy and medical terminology
- Surface anatomy and palpation (lab component)
- Kinesiology/Biomechanics
- Adapted PE for special populations
- The shoulder
- The elbow, forearm, wrist and hand
- The spine
- The thorax and abdomen
- The head, face, eyes, ears, nose, and throat
- General medical conditions and additional health concerns
- Youth injuries
- Therapeutic modalities
- Movement screens and assessments
Clinical Internship 3  
(Grade 11)

75 HOURS

Athletic Training and Physical Therapy (both have the same goals but under different supervision).

- **Focus of Internship:**
  - Clinical Assessment & Diagnosis / Acute Care / Therapeutic Intervention
    - Become familiar with the process of performing a comprehensive clinical examination of a patient with a common illness/condition in order to formulate a diagnosis. Based on the history, physical examination, and patient goals, implements the appropriate treatment strategy. Determine whether patient referral is needed, and identify potential restrictions in activities and participation. Formulate and communicate the appropriate return to activity protocol.

  - Healthcare Administration
    - Utilize documentation strategies to effectively communicate with patients, physicians, insurers, colleagues, administrators, and parents or family members while using appropriate terminology and complying with statutes that regulate privacy of medical records.
PURPOSE OF THIS COURSE:

This course is designed to give the student a detailed examination of exercise physiology and the effects of nutrition and supplementation, post-injury management techniques used by athletic trainers, physical therapists and physicians in management of orthopedic injuries. The curriculum will focus on surgical techniques and their implications on rehabilitation/activity and capture the totality of injury management including: pathology, immediate management, diagnostic imaging, definitive and differential diagnosis, medical management, medications, surgical intervention, post-injury and/or post-surgical management and rehabilitation. The objective is to apply skills learned from 1, 2 and 3, while working independently on research projects. Students will also assist in the instruction of students in the first three courses in order to facilitate comprehension.

- Exercise physiology and nutritional effects
- Surgical procedures for upper and lower extremities
- Clinical Imaging
- Post-injury and or post-surgical management and rehabilitation
- Definitive and differential diagnosis of injuries
- Medical management
- Medications
Clinical Internship 4  
(Grade 12)

120 HOURS

Athletic Training and Physical Therapy (both have the same goals but under different supervision).

- **Focus of Internship:**
  - Clinical Assessment & Diagnosis / Acute Care / Therapeutic Intervention
    - Students will learn how to perform a comprehensive clinical examination of a patient with an upper extremity, lower extremity, head, neck, thorax, and/or spine injury or condition. Based on the assessment data and consideration of the patient's goals, provide the appropriate initial care and establish overall treatment goals. Create and implement a therapeutic intervention that targets these treatment goals to include, as appropriate, therapeutic modalities, medications and rehabilitative techniques and procedures.
    - Integrate and interpret various forms of standardized documentation including both patient-oriented and clinician-oriented outcome measures to recommend activity level, make return to play decisions, and maximize patient outcomes and progress in the treatment plan.
    - Students will research a particular surgical case with regard to its implications on rehabilitation/activity and capture the totality of injury management including: pathology, immediate management, diagnostic imaging, definitive and differential diagnosis, medical management, medications, surgical intervention, post-injury and/or post-surgical management and rehabilitation.

*120 hours will be accumulated through a combination of in-house peer mentorships as well as an off-campus professional internship experience.*
**Culminating Academic Options**

**(Grade 12)**

- **College Option:**
  - Providing students meet the academic criteria, they may attend County College of Morris for all courses and earn up to 24 credits paid for Morris County Vocational School District

- **Dual Accreditation Courses:**
  - Dual credit courses will be offered at RHS where students can also earn college credits with the university partner at a minimal cost to the parent/family.

- **Continue at Roxbury High School for advanced courses/projects including:**
  - Capstone Research Project in Athletic Training or Physical Therapy
  - Continued access to AP and honors-level academic classes
Required Course

GRADE 9 COURSES:

1. English I
2. U.S. History I
3. Biology Honors
4. Algebra I/Geometry
5. World Language
6. Physical Education/Health 9
7. Foundational Components of Athletic Training & Physical Therapy
8. Freshman Seminar

Students have one elective choice. We suggest that students take either a Visual/Performing Art, or a Practical Art (RHS requires one year of each to graduate).
Required Course

GRADE 10 COURSES:

1. English II
2. US History II
3. Chemistry Honors
4. Geometry/Algebra II
5. Anatomy & Physiology Honors
6. World Language
7. High Performance Physical Education or Wellness Physical Education/Driver Theory
8. Pathology & Prevention of Sports Injuries

Students have one elective choice. We suggest that students take either a Visual/Performing Art, or a Practical Art (RHS requires one year of each to graduate).
Required Course

GRADE 11 COURSES:

1. English III
2. World History
3. Physics Honors
4. Precalculus
5. World Language
6. High Performance Physical Education or Personal Wellness Physical Education/Health 11
7. Kinesiology & Orthopedic Assessment

Students have one elective choice. We suggest that students take either a Visual/Performing Art, or a Practical Art (RHS requires one year of each to graduate).
Required Course

GRADE 12 COURSES:

1. English IV
2. Calculus
3. AP Science class - (either AP Biology, AP Chemistry, or AP Physics)
4. High Performance Physical Education or Personal Wellness Physical Education/Health 12
5. Introduction to Exercise Science/Introduction to Exercise Psychology
6. Injury Rehabilitation, Management and Surgical Intervention
7. Clinical Internship

Financial Literacy if not taken previously (during the school year or online summer course)
Visual or Performing Art if not taken previously

Elective Courses: Complete your schedule by choosing from any elective courses open to Grade 12 students as listed on the Student Course Selection Sheet
Roxbury High School: Supports and Academy Features

- Five School Counselors
- Designated Student Assistance Counselor (SAC)
- Freshman Seminar
- Variable Instructional Period (VIP)
- 1:1 Chromebook Initiative
- Choice School for the Fine and Performing Arts
- AP Capstone Program
- Television Studio

- Advisory Counsel
- Internship
- CTSO (Career & Technical Student Organization)
- Grant Funding
- College Articulation
- Guest Lectures
- State-of-the-art Facilities & Equipment
Roxbury High School: Graduation Profile

Class of 2018
College Admission and Post High School Plans

- 4 year college: 54.7%
- 2 year college: 32.7%
- Career Education: 2%
- Work: 3.6%
- Military/Undetermined: 7%
Life of an AT/PT Academy Student

- Alternating Day Block Schedule (A/B Day)
- Academy Focus courses
- World languages offered: French, Italian, Spanish - AP and Honors-level
- 16 AP courses and 22 Honors-level courses
- Clinical Internship Hours
- Open Lunch - senior year
- 25 Varsity Sports
- 30 Clubs and Activities
Admissions How to Video

HOW DO I APPLY?
MCVSD Full Time Admissions

- The application is open from 9/17/18 - 11/28/18.
- It is accessible on the MCVSD website: [Full Time Application](#).
- You will choose your test date when completing the application.
- Your school Guidance Counselor will input final 7th grade scores and PARCC scores.
  - They will also send MCVSD hard copies, along with any test accommodations/modifications.
- Top students from each Academy will be invited for an interview.
- Final Acceptance results will be shared by late January to early-February.
- Accepted students will be offered a Shadow date.
- Your home district will be notified by the spring but it is a good idea to communicate this information to them as well.
Important Takeaways

- You may only apply to one Academy, so choose wisely.
- Read the Admissions Handbook.
  - Due to the high number of applicants, please refer to the handbook before emailing with a question.
- Check your email & Applicant Status Page daily during the process (spam folder too).
- Be proud of your hard work during admissions!
Admissions FAQs

Q - If I want to play sports at my home high school, can I?
A - All sports and extracurriculars would be at RHS.

Q- How do I get to and from the high school?
A - Your home district will provide transportation.

Q - Does the school find an internship for me?
A - Students work with Structured Learning Coordinators to find an internship.
All Daily Record Wrestling Athlete of the Year: Dillon Artiglione of Roxbury

Morris County coaches' track and field honors

Kornmann helped Roxbury reach new heights

All Daily Record: Kleinsorgen driven to be remembered at Roxbury